

Army Releases May Suicide Data (DRAFT)

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WASHINGTON, D.C. (June XX, 2010) – The Army released suicide data today for the month of May. Among active duty Soldiers, there were 9 potential suicides: 0 have been confirmed as suicide, and 9 remain under investigation. For April, the Army reported 10 potential suicides among active duty Soldiers. Since the release of that report, 4 have been confirmed as suicides, and 6 remain under investigation.

During May 2010, among reserve component Soldiers who were not on active duty, there were 11 potential suicides. For April, among that same group, there were 7 total suicides. Of those, 2 were confirmed as suicides and 5 are pending determination of the manner of death.

"The upcoming summer season traditionally represents the Army's peak transition timeframe as Soldiers, Family Members and Department of the Army Civilians relocate between Commands and Installations," said Colonel Chris Philbrick, Director, Army Suicide Prevention Task Force. "This turbulent period often compounds the amount of stress faced by members of the Army Family. Everyone needs to know that despite the perception of insurmountable anxiety pressure, they are not alone and help is readily available during these transition periods."

"As we approach this annual period of change and adjustment, everyone must be alert to the unique stressors that exist during these periods of transition. Special importance must be applied during this timeframe to individuals across the entire military community."

"We must make every effort to maintain contact with Soldiers, Families and Civilians and sustain the Army's efforts to provide comprehensive behavioral health resources and support" said Philbrick. "We simply cannot afford to have one member of the Army Family fall through the cracks when dealing with stress during periods of transition"

Soldiers and Families in need of crisis assistance can contact Military OneSource or the Defense Center of Excellence (DCoE) for Psychological Health and Traumatic Brain Injury Outreach Center. Trained consultants are available from both organizations 24 hours a day, 7 days a week, 365 days a year.

The Military OneSource toll-free number for those residing in the continental U.S. is **1-800-342-9647**; their Web site address is **www.militaryonesource.com**. Overseas personnel should refer to the Military OneSource Web site for dialing instructions for their specific location.

The Army's comprehensive list of Suicide Prevention Program information is located at **<http://www.armyg1.army.mil/hr/suicide/default.asp>**.

Army leaders can access current health promotion guidance in newly revised Army Regulation 600-63 (Health Promotion) at: **http://www.army.mil/usapa/epubs/pdf/r600_63.pdf** and Army Pamphlet 600-24 (Health Promotion, Risk Reduction and Suicide Prevention) at **http://www.army.mil/usapa/epubs/pdf/p600_24.pdf**.

Suicide prevention training resources for Army Families can be accessed at **http://www.armyg1.army.mil/hr/suicide/training_sub.asp?sub_cat=20** (requires Army Knowledge Online access to download materials)

Information about the Army's Comprehensive Soldier Fitness Program is located at **<http://www.army.mil/csf/>**

The Defense Center for Excellence for Psychological Health and Traumatic Brain Injury (DCoE) Outreach Center can be contacted at **1-866-966-1020**, via electronic mail at **Resources@DCoEOutreach.org** and at **www.dcoe.health.mil**.

The National Suicide Prevention Lifeline is available 24/7 at **1-800-273-TALK (8255)**. For more information see: **<http://www.suicidepreventionlifeline.org/>**.

American Foundation for Suicide Prevention: **<http://www.afsp.org/>**

Suicide Prevention Resource Council: **<http://www.sprc.org/index.asp>**

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